

Intervention: Reducing the Risk

Finding: Sufficient evidence for effectiveness

Potential partners to undertake the intervention:

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|---|--|
| <input type="checkbox"/> Nonprofits or local coalitions | <input type="checkbox"/> Businesses or labor organizations |
| <input checked="" type="checkbox"/> Schools or universities | <input type="checkbox"/> Media |
| <input type="checkbox"/> Health care providers | <input type="checkbox"/> Local public health departments |
| <input type="checkbox"/> State public health departments | <input type="checkbox"/> Policymakers |
| <input type="checkbox"/> Hospitals, clinics or managed care organizations | <input type="checkbox"/> Other: |

Background on the intervention:

Reducing the Risk consists of sixteen 45-minute sessions with a sex education curriculum that includes information on abstinence and contraception. It also offers activities for skill-building for teens and their parents.

This program is designed for white, Latino, Asian, and African American high school students who are sexually inexperienced youth from urban, rural, and suburban environments. It is based on social learning theory, social inoculation theory, and cognitive behavioral theory.

Findings from the systematic reviews:

This program was more effective with lower-risk youth than higher-risk youth. Evaluations (the original program and a replication) found delayed initiation of sexual intercourse, reduced incidence of unprotected sex, and increased use of contraception among participants, as well as increased parent-child communication about abstinence and contraception.

This program is among those that were chosen by the Centers for Disease Control and Prevention for its compendium of "Programs that Work."

Additional information:

[CDC](http://www.cdc.gov/hiv/pubs/hivcompendium/section1-21.htm) - www.cdc.gov/hiv/pubs/hivcompendium/section1-21.htm

[ETR Associates](http://www.etr.org) - <http://www.etr.org>

Phone: 1 (800) 321-4407

Fax: 1 (800) 435-8433

[Sociometrics, Program Archive on Sexuality, Health and Adolescence](http://www.socio.com) - <http://www.socio.com>

Phone: 1 (800) 846-3475

Fax: (650) 949-3299

E-mail: pasha@socio.com

References:

Alford, S. Science and Success: Sex education and other programs that work to prevent teen pregnancy, HIV and Sexually Transmitted Infections; 2003. Available online at:

Advocates for Youth - <http://www.advocatesforyouth.org/publications/ScienceSuccess.pdf>